

You are invited to the large health survey in the municipality of Tromsø 1994 - 95

We will reach everyone

We will start in the outskirts of the municipality. Here, the examination will take place in schools and other premises – see the information in the invitation accompanying this letter.

From late October 1994 until summer 1995, the examination will take place in Mellomveien 50 (the Elisabeth centre; the old maternity hospital). We prefer that you attend at the location specified in the invitation letter.

Why did you receive this offer?

Because we offer this examination to everyone born 1969 or earlier.

What is the purpose?

The survey is first and foremost aimed at cardiovascular diseases, but is also important to gather new knowledge about other serious chronic diseases (amongst them cancer).

This time we will also study musculo-skeletal pain conditions, for instance fibromyalgia. Therefore, some people will be invited to a separate examination in the fall of 1995.

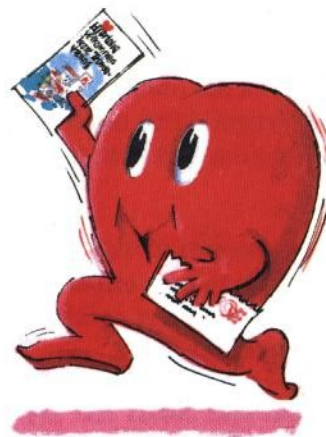
Large cardiovascular surveys were carried out in Tromsø in 1974, 1979-80, and 1986-87. The attendance rate was high, and several cases of cardiovascular disease were detected – who are now being treated.

The surveys have also contributed with important knowledge to combat these diseases. The knowledge we

gained through the previous surveys, made the University of Tromsø to one of the renowned research centres in the world with regard to cardiovascular diseases. Again, we aim to detect hitherto undiscovered cardiovascular disease. We also hope to reach those at particular high risk, so that they may get the possibility of prevention and other measures to stop the development of disease. Cardiovascular diseases are still one of our largest health problems.

Not only for your own sake ...

The examination not only is important for you personally. It is also important that the results may be used in medical research, for instance by using them together with information about disease that occur in the future. Thereby



we will learn more about how cardiovascular diseases, cancer, and other population diseases develop, and how they may be prevented. By attending the survey, you are helping to fight these diseases.

The examination includes

- **Measurement of height and weight**
- **Measurement of blood pressure**
- **Blood sample.** In this sample, we will measure the content of lipids (e.g. cholesterol), calcium and a liver enzyme. The result of these measurements will be forwarded to your doctor if you consent. The result of other analyses will be used for medical research only. The blood sample will be frozen to make it possible to perform other blood analyses in order to study disease development. Before such analyses are performed, the study will be presented to the Regional Ethical Committee of North Norway.

ECG is a test that registers the heart activity. We will use a simplified version, and the results will be used for research purposes only.



- **Questionnaire**
- **Special examination.** Everybody born between 1920–1939 and a sample of the others, will be offered a more extensive examination for free. The content of the examination varies somewhat, but will provide a better examination of the heart, the aortic artery, atherosclerosis, and the tendency to osteoporosis. You will get an appointment for the examination when you attend.

Questionnaire

This you will find on the reverse side of the invitation letter. Please fill in the questionnaire beforehand and bring it to the examination site. If some questions are difficult to answer, you may get some help when you attend.

About consent

The information about you will be treated confidentially. The information will be stored and used according to the rules set by the Data Inspectorate and the Regional Ethical Committee of North Norway. For the information to be used in medical research, you have to consent. Your consent is also necessary if your doctor shall have the results of the analyses (and which you will be mailed the results of) and of your answers to the questionnaire enclosed with this letter. When attending, we therefore ask you to give your consent that:

- a letter with your results is sent to your family doctor, and will be stored in your medical record
- that your blood sample may be used for medical research. The purpose of such research is to learn about causes of diseases.

- that your results may be used for medical research, by linking that information with other health- and disease registries (for instance cancer registry and causes of death registry) and with information from the previous health surveys in Tromsø. Before the information is used for analyses, your name and personal identification number will be removed. Even if you give your consent now, you may withdraw your consent later.

Follow-up examination

Some of those who are examined may later be referred to their own doctor for a more thorough control. If you are in need of treatment, you will be offered such treatment.

What does it cost?

A small fee is necessary for this examination. It is very modest compared to the actual cost. You will find the amount in the letter you have received now. The special examination is free of charge. If you will need an examination by your own doctor or at the Regional hospital, you will have to pay the ordinary fee.

Clothing

Because of the blood pressure measuring, we ask you to wear clothes that are sleeveless or with short sleeves that are not tight. It is not necessary to take the clothes off.

Places that will be visited by the health survey

- Kaldfjord
- Tromvik
- Lakselvbukt
- Sjørnes
- Breivikeidet
- Fagernes
- Skittenelv
- Ersfjordbotn
- Straumsbukta
- Brensholmen
- Vikran
- Trondjord
- Sjøtun
- Tromsø sentrum



Welcome!
Sincerely

- The municipality health service
- The Faculty of medicine, University of Tromsø



**Statens
helseundersøkelser**
(The National Health Screening Service)

Report A. Sørre A/S. 380 96 955

(Heartily welcome,
dear Tromsø inhabitant)


**Hjertelig
velkommen,
kjære Tromsø-
væring**

